

Swiss Steak180

Number of Servings: 180 (153.6 g per serving)

Amount	Measure	Ingredient
180.00	svg	Beef, ground, hamburger patty, brld, 10% fat
11.00	qt	Tomatoes, diced, w/juice, cnd
3 1/2	qt	Onion, white, fresh, chpd

Nutrients per serving

Nutrition Facts	
Serving Size (154g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 220mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 22g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Buy 4 oz 90% lean ground beef patties = ~3 oz EP
OR lean 4 oz tenderized, unbreaded steak may be used

Brown meat and place slightly overlapping in two (per 50 servi) 12X20X2 inch counter pans.

Cover meat in each pan with equal amounts of tomatoes and onions.

Bake for 1 hour at 350 degrees F to at least 165 degrees F and serve.

Serve 1 patty and 1/4 c (#16 scoop) vegetables/serving.